

The Town of Ocean View **Yoga Classes**

**Tuesdays & Thursdays
8:30 a.m. to 9:30 a.m.**

(No Classes October 8, 13 & 15)

**Class meets in the
Community Center
(32 West Avenue -
adjacent John West Park)
Free Parking!**

**Instructor – Barbara Popiel
A Traveling Yogi
Licensed & Insured**

Class Content

Breathwork · Meditation · Vinyasa Class

Required Equipment

Yoga Mat/Towel, Water Bottle & Open Mind

\$10/Class – Cash or Venmo



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